



Sparta Superintendent Schwemmer's Scoop

gschwemmer@sparta140.org / 618-443-5331

December 12, 2022



- This will be our **last scoop of 2022!** This year has been amazing! We wish you very HAPPY HOLIDAYS! Take some time to reflect on 2022 and what you will do to make 2023 the BEST YEAR EVER!
- This week our challenge was, **"Easing Empathy Distress with Compassion."** "While empathy helps us understand the pain of another person, compassion opens up the possibility for us to do something about it by stimulating our desire to help" (Shapiro, 2020). Feeling another's pain or sadness results in our brain mirroring the difficult emotion, causing empathic distress. Compassion stops us from becoming overwhelmed by negative feelings registered as a result of empathy, replacing them with positive ones, and a desire to help (Turner & Gill, 2019). To turn a potential negative into a positive, we need to transform empathy into compassion and foster feelings of connection and care.
- **Congratulations to SLS Teacher Mrs. Megan Beelman on receiving the VFW Teacher of the Year Award.**
- **Congratulations to SHS Senior Olivia Schilling for her induction in Phi Theta Kappa honor society at SWIC as a Running Start student!**
- **Congratulations to SHS Wrestlers on earning 5th place in the Marion HS Tourney!**
- **Check out the LEO LAIR Open House details (Attached).** Now located in Evansville!
- **SHS Class of 2023,** make sure you have purchased your Cap & Gown. In person ordering has passed but online ordering is still available. Order soon to avoid late fees!
<https://www.jostens.com/apps/store/customer/1073824/Sparta-High-School/>
- In an effort to get an idea for planning a potential **Red Raider's** season, please complete the link to provide feedback. https://docs.google.com/forms/d/e/1FAIpQLScYZ3nwyhde2_sQxz6kCFcu4p00M-6dB0BUMKLMHfT8lqVIFQ/viewform?usp=sf_link
- **Our STAFF SPOTLIGHT this week is our SLS Cook Ms. Anne Fullerton.** Ms. Fullerton is a proud Grandma and someone everyone loves to be around!
- **SCH Mobile Clinic Days-** SLS M, Tu, Fri 7:30-10:30 am; W 12-4 pm/EAC W 7:30-10:30 am.
- Mark your calendars! **Dairy Queen nights for PTO will be held on the following nights! 1/5, 3/2!**

Upcoming Events

- December 14, 21- 1 pm Dismissal for Students
- December 21- End of 1st Semester/2nd Quarter
- December 22-January 2- Winter Break
- January 3- Teacher's Institute (No School for Students)
- January 4- Students return to school
- January 16- MLK Day- No School